



Alliance for Nuclear Accountability

*A national network of organizations working to address issues of
nuclear weapons production and waste cleanup*



DC Days 2012: Getting Around During DC Days

ANA's DC Days Headquarters: Your Home in the Capitol

The ANA DC office serves as our Headquarters for DC Days. The office, **322 4th Street NE**, is located on the Senate side of Capitol Hill, 4th and D streets NE.

You can walk to HQ easily from the Union Station Metro stop. Exit the Metro, turn left and walk along the front of Union Station. Massachusetts Ave. will be on your right. Continue in the same direction down Mass Ave. After 2 blocks, veer left onto D Street—it splits off from Mass, so watch the road signs! Take the next right onto 4th St. NE. HQ is a yellow building called the **Hans Bethe Center for Arms Control and Nonproliferation** near the corner: **322 4th St. NE**. (HQ is also marked on the map provided in this packet.)

The telephone number for the ANA Headquarters is **(202) 544-0217 ext. 2501**. Give this number to media, congressional staff, and others who need to reach you about your lobbying activities; this is also the best number for leaving messages for DC Days participants and receiving messages from those at home. Since this number will be very busy, please circulate it sparingly. Our fax number is **(202) 544-6143**.

There will be a troubleshooting desk inside the conference room at our headquarters, which will be kept staffed at all times.

Getting Around Town

DC is divided into quadrants: Northwest (NW), Northeast (NE), Southwest (SW), and Southeast (SE) which are centered at the Capitol. Keep this in mind as you travel around DC! The House side of the Capitol Hill is in SE; the Senate side is in NE. The major business strip on the House side is Pennsylvania Ave.; on the Senate side it's Massachusetts Ave. **The following map contains locations for HQ, Congressional offices, and other DC Days sites:** <http://tinyurl.com/73gu74d>.

DC's streets are laid out in a numeric / alphabetical grid. Streets are named 1st, 2nd, 3rd, etc. or A, B, C, etc. with smaller numbers and letters at the beginning of the alphabet closer to the Capitol building. As you move more than 26 blocks away from the Capitol the alphabetical naming scheme continues, with two-syllable street names in alphabetical order. **Streets named after states often run diagonally through the city and do not follow the normal grid pattern**, so be careful if you're using them and are not already familiar with DC. If you remember that the grid centers around the Capitol, DC's grid system should make travel easier – don't get tripped up when you notice that the number streets get bigger as you walk away from the Capitol to either the East or West or that street names go through the alphabet as you walk either North or South from the Capitol.

The most efficient and popular way to get around is DC's public transit system, the Metro. Metro rail station maps will be available from us as well as at all Metro stations; you can also go to www.wmata.com, enter your starting point and destination, and Metro will provide you with a public transportation itinerary. Metro rail fares range from \$1.95-\$5.00, depending on how far you are going and if you are traveling during

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peak or off-peak hours. You may purchase Metro rail fares with cash or credit/debit cards. There are two varieties of buses operating in DC; red “Circulator” buses that cost \$1.00 and Metro buses that cost \$1.70 and include unlimited transfers for two hours. Both Circulator and Metro buses require that you have exact change, so make sure to have singles and some change if you plan to use the bus. Metro information is also available at (202) 637-7000.

Cabs are everywhere in DC. They are a good but expensive way to get around. Cab fare starts at around \$3.00 and goes up during rush hour or for multiple passengers. You can estimate your Cab fare on the following website: <http://tinyurl.com/59dnkp>.

Getting Around the House and Senate

As you approach the House and Senate office buildings, look for signs indicating the “Visitors” entrance—many doors have restricted access. Remember to leave yourself extra time to get through security.

There are three House and three Senate office buildings, and each has its own quirks. All of the buildings are connected by a maze of underground tunnels, which means that you could spend an entire day on the Hill and never go outside. However, traveling through the tunnels and around Capitol Hill can get complicated. If you get lost, you can always ask a guard. They are usually very friendly and helpful.

Some of the elevators in the House and Senate office buildings are marked “Members Only”. These warnings are serious—those elevators are for the exclusive use of Members and their guests. If you are asked into a Member’s Only elevator it’s a good opportunity for a true DC experience, but don’t barge in without an invitation.

Senate Side

The first building you’ll come to from HQ is the newest Senate office, **Hart** Office Building. Rooms in Hart are numbered with “SH” followed by three digits. There is take-away food and small shop in the basement.

Next is the **Dirksen** Building. It has 6 floors, and its room numbers are preceded with “SD.” Any floor of Dirksen is accessible from any floor of Hart. Dirksen is laid out like a horseshoe, with no connecting bar, so double check the map before you enter. There is a cafeteria in the basement with a good selection of cheap food.

The **Russell** Building has room numbers preceded by “SR.” The 1st and 2nd floors do not connect to the east side, so you’ll need to go up to the 3rd floor or down to the basement to continue around the building.

House Side

The **Cannon** Building has 5 floors, all offices have three digits. The first digit is the floor number. (Example: Cannon 345 is on the 3rd floor.)



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The **Longworth** Building has 7 floors, all offices have 4 digits, beginning with “1”. The second digit is the floor number. (Example: 1345 is on the 3rd floor.) There is a good cafeteria and candy stand in the basement of Longworth.

The **Rayburn** building has 4 floors, all offices have 4 digits, beginning with “2”. Like the Longworth Building, the second digit tells you the floor. (Example: 2345 is on the 3rd floor.) Beware: room numbers on one floor of Rayburn do not correlate with room numbers on other floors. **There is a cafeteria, take-away food, and candy stand in the basement.** This is the best cafeteria on Capitol Hill.

Remember to ask for help if you need it. Security guards are used to questions.

Telephones

DC’s area code is “202”; Virginia is “703”; Maryland is “301”. All calls to Maryland and Virginia within the DC metropolitan area are considered local but you must use the area code (do not dial a 1 in front of these numbers). **Bring calling cards for all your long-distance calls.**

All the telephone numbers on the Hill start with “22.” Most Senate offices all have a “224” extension, most House offices have a “225” extension (some committees start with “226”). Dialing 224-3121 will connect you with the Capitol Switchboard. They can transfer you to any office on the Hill.

The phones on the Hill (except the pay phones) are all connected together. If you’re in the waiting room of a member’s office and want to call your next appointment, you do not dial the “22” prefix; you only need to dial the last five digits. If you need to call off the Hill, dial “9” first.

If you want to know what’s happening on the House or Senate floor, you can call the Democratic Cloakrooms. In the House (225-7330) and the Senate (224-4691) you can reach a real person who can tell you what’s happening that minute. You will get a recorded message of what’s scheduled for the day if you call (225-7400) for the House, and (225-8541) for the Senate.